

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at [www.fns.usda.gov/fdd](http://www.fns.usda.gov/fdd)

### A417 - STRAWBERRIES, FROZEN, DICED, SINGLE SERVE, 4.5 OZ

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Diced Grade A strawberries packed in individual serving cups.</li> <li>May be packed 9 + 1 by weight, fruit to packing media ratio, where the packing media is dry sugar or 5.5 + 1 by weight fruit to packing media ratio; where the packing media is a 45° Brix syrup composed of strawberry puree and dry or liquid sugar.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>96/4.5 oz units per case.</li> <li>One 4.5 oz unit provides ½ cup thawed, diced strawberries and juice.</li> <li>CN Crediting: One 4.5 oz unit thawed, diced strawberries provides ½ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen strawberries at 0 °F or below, off the floor and away from the walls to allow for circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten shelf life and speed deterioration.</li> <li>Do not refreeze after thawing.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



### Nutrition Information

Strawberries, sliced/diced, thawed, sweetened

	½ cup (128 g)
Calories	122
Protein	0.68 g
Carbohydrate	33.05 g
Dietary Fiber	2.4 g
Sugars	30.61 g
Total Fat	0.17 g
Saturated Fat	0.01 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	0.75 mg
Calcium	14 mg
Sodium	4 mg
Magnesium	9 mg
Potassium	125 mg
Vitamin A	31 IU
Vitamin A	1 RAE
Vitamin C	52.8 mg
Vitamin E	0.29 mg



## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at [www.fns.usda.gov/fdd](http://www.fns.usda.gov/fdd)

### A417 - STRAWBERRIES, FROZEN, DICED, SINGLE SERVE, 4.5 OZ

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>• Thaw unopened cups of strawberries overnight in the refrigerator, spacing containers on shelves for good air circulation. Once thawed, do not refreeze.</li></ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Strawberries are ready to thaw and serve as a fruit, as a topping for pancakes, or as a snack.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• Do not refreeze strawberries.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li></ul>